



## **MARGARET'S MEMO**

The month of April brings to mind the thoughts of re awakening and renewal or in other words spring.

In the WI calendar April is the beginning of a new year, subscriptions are paid and we look forward to our new programme of meetings and activities, some with a little more enthusiasm than others. In the county we have also been busy organising events, creative Art and Craft Workshops, Training and Activity Groups for your enjoyment. Just look through the newsletter and I am sure you will find an event or activity for you. So I hope to meet up with you maybe at the new Knitting group or maybe at the Games Night at Moccas and there are always the Presidents, Secretaries and Treasurers training days to look forward to next month.

I will be sending my apologies to the new 'walkies group' which hope to meet on a Friday, I am afraid that Monty is still in training and at the moment takes me for a walk, but maybe you will see us both in the future.

May I wish you all a Happy Easter

Jane Voogd





**APRIL 2025** 



To all Our Knitters - herewith some photos of the children at the Orphanage in South Africa after their Christmas party playing with their Teddies.



#### KNITTERS FROM WALES

We must also send thanks to two non-WI ladies in Carmarthen and Painscastle in Powys. The lady from Carmarthen has sent in 40 + completed Fish and Chips sets and Allison the lady from Powys has completed 44 sets . Thank you very much.

If anyone requires knitting patterns, please contact fedsec@herefordshirewi.org.uk We have patterns for fish and chip jumpers, small teddies, big teddies, teddy's wardrobe, blankets, beanie hats, twiddle muffs.

#### Update from South Africa

**Hello Knitters** 

Last year I let you know that in South Africa Fish and Chip Jumpers had been distributed by Social Workers to deserving Mothers and Teddies had been kept as gifts for children in an Orphanage that had suffered fire damage.

A friend from Ledbury who had filled her luggage with the Teddies and Jumpers sent me news a week ago to say that both Teddies and Jumpers were on their way to Zimbabwe in a vehicle loaded with Aid for Zimbabwe.

Thank you to all the ladies who have spread joy and help so far and wide.

Veronica Madgen, Trustee

PS Since writing the update I have received the following message from another Veronica who is a volunteer with ZANE (Zimbabwe a National Emergency) in Zimbabwe

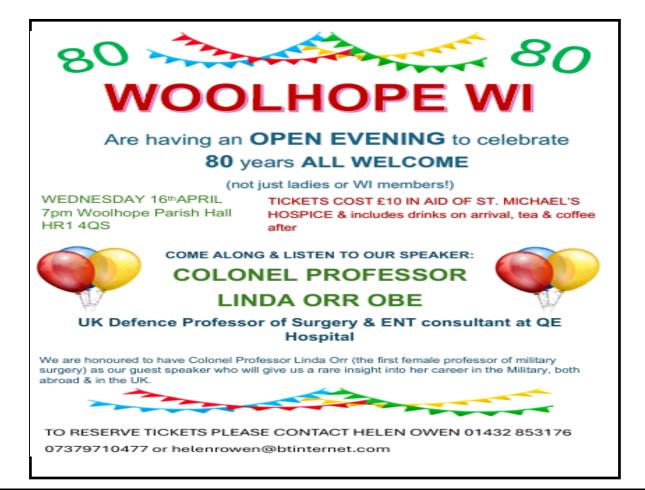
A huge thank you to the other Veronica and WI knitters for those cute teddies, jumpers and hats'.





Federation of Women's Institutes

**APRIL 2025** 



# **MEMBERSHIP SUPPORT TEAM**

Easy Fundraising for your WI. Blue skies and sunshine can really lift the spirit, can't they, and turn our minds to holidays! Who doesn't love a holiday? We all need something to look forward to after all... Of course there are the trips and activities of HFWI's very own Out and About team to consider.

Shortly to embark on a holiday to the Lake District and with a visit to Wonderwool Wales coming up later this month, there's a lot to look forward to close to home. Some of you however might be looking to travel further afield, and this is where your holiday could make a difference to your WI funds should you choose to book with Riviera Travel. I'm sure we have all seen their adverts in our WI Life magazine and in our membership booklets. Something caught my eye in the membership booklet recently and I tested the waters by booking a holiday via the offer which gave me personally a 10% discount by booking before mid March.

It then struck me that the offer actually applies all year round, except that the discount applies differently so that a person's WI benefits from the discount rather than the person themselves which applies, incidentally, to the whole booking not just to the WI member. For example, book a holiday with a total cost of £2,000 and your WI could benefit from £200 being added to their funds. £3,000 and it's £300, you can see how it works.

Too good to be true I hear you ask. Well no, actually, it isn't. The WI has what is known as an affinity partnership with Riviera Travel, (a reciprocal arrangement where both sides benefit). Simply visit rivieratravel.co.uk/WI, ring 01283 901 083 or see your WI Life for more details. WIs are always looking to boost their funds, either by holding a fundraising event or taking up a table at the WI Day or Yule Fairs offered by HFWI, but by utilising this offer you too can boost your WI funds from the comfort of your own homes.

Other travel companies are available!

With best wishes for the coming month,

Joy and Caroline, Your Membership Support Team



Federation of Women's Institutes

**APRIL 2025** 





ilates is a great way to keep your body feeling agile and energised. The movements facus on posture, alignment, core strength, balance and flexibility.



# Improvements

Any Job Considered Carpentry & General Maintenance Painting & Decorating Landscaping Decking Fencing Flat Pack Furniture construction

Tel: 07807072003 Email: emilyscarpentry@gmail.com



Join Alison Allan for TMW (Tai Chi Movements for Wellbeing) A beautifully flowing and carefully selected sequence of movements designed to enhance and promote our physical and emotional wellbeing. The movements which have origins in Tai Chi, Chi Kung and meditation are simplified and can be performed standing or seated making it accessible to everyone.

# TAPESTRY CANVASES

Beautifully stretched and made into cushions, bell-pulls, rugs, etc. Cheltenham 01242 233883

# CALLING WI TREASURERS

If you need assistance in claiming GIFT AID for your WI, please do not hesitate to contact fedsec@herefordshirewi.org.uk

# CALLING MCS REPS

With the possibility of changes to your WI membership—new members, ladies moving away, paying subs, please make sure that the MCS is kept up-to-date.



Federation of Women's Institutes

**APRIL 2025** 





# Out & About Day Trip Wonderwool



Coach trip with local pick-up taking you to Wonderwool. Wonderwool is a fantastic event promoting the many green credentials of wool and where anything to do with wool is showcased. Wonderwool Wales has been awarded Highly Commended several years running in the Let's Knit British Knitting & Crochet Awards.

#### Sunday 27th April 2025—£35.00 pp

Royal Welsh Showground, Builth Wells Contact your WI Secretary for the booking form

# 2025 CATCH UP & COFFEE MORNINGS 10.30am



MONTH	DATE	DAY	VENUE
APRIL	12 <sup>th</sup>	Saturday	NEWTON COURT, Newton Lane, Nr Leominster HR6 0PF
MAY	9 <sup>th</sup>	Friday	THE NEST, Little Verzons Farm, Hereford Road, Nr Ledbury HR8 2PZ
JUNE	14 <sup>th</sup>	Saturday	PENGETHLEY GARDEN CENTRE, Peterstow, Nr Ross-on-Wye HR9 6LL
JULY	11 <sup>th</sup>	Friday	BLUE DIAMOND GARDEN CENTRE (Wye Vale), Kingsacre Road, Hereford, HR4 0SE
AUGUST	9 <sup>th</sup>	Saturday	WELLINGTON HOME & GARDENS, A49, Wellington, HR4 8BB
SEPTEMBER	12 <sup>th</sup>	Friday	THE HOP POCKET, Bishop's Frome, Five Bridges, WR6 5BT
OCTOBER	11 <sup>th</sup>	Saturday	NEWTON COURT, Newton Lane, Nr Leominster HR6 0PF
NOVEMBER	14 <sup>th</sup>	Friday	PENGETHLEY GARDEN CENTRE, Peterstow, Nr Ross-on-Wye HR9 6LL
DECEMBER	13 <sup>th</sup>	Saturday	THE NEST, Little Verzons Farm, Nr Ledbury HR8 2PZ

# Federation of Women's Institutes





wild woolly won

You are invited to join us in this new venture and have some fun knitting, crochet, and all things 'woolly.' An opportunity to meet up, have a natter, learn a new skill, or brush up on an old one, all levels are welcome. Perhaps you know of a charity project the group could partake in. The first meeting will be

on Wednesday 16th April at 1.30pm.

PROGRAMME APRIL – NOVEMBER 2025

The Wild Woolly Women meet between **1.30pm-3.30pm** on the **3<sup>rd</sup> Wednesday** of the month at Munsley Hall,

Munsley, A438, Nr. Trumpet, Herefordshire HR8 2RA

SESSIONS ARE FREE and include a hot drink.

NO MEETING

The Committee reserves the right to amend or change any of the sessions

Email: Munsley\_and\_District\_WI@herefordshirewi.org.uk

15<sup>th</sup> October

December

21<sup>st</sup> January

18<sup>th</sup> February

18<sup>th</sup> March

19th November

NO MEETING

# **APRIL 2025**









# CLEAN RIVERS CATCH UP AFTERNOON TEA



#### In attendance local councilors/charities EVERYONE WHO HAS HELPED



**CAMPAIGN IS** WELCOME



#### COACH ONLY TO THE

JUILTS **NEC. BIRMINGHAM** THURSDAY 31<sup>st</sup> JULY 2025



£25.00 per person HEREFORD LEDBURY

Entrance to Festival is by ticket only, see below for details Merton Meadow Car Park, 151 Widemarsh St (HR4 9HE) Market House, Ledbury (HR8 1DS) Wilton Road Car Park, Ross-on-Wye (HR9 5JA)

**Return Time:** 

ch Fare Only

Time & Pick-up Points:

Details:

8.45am ROSS (Wilton) 9.30am Leaving the NEC, Bimingham at 4.00pm

8.15am

The Festival of Quilts was launched in 2003. 22 years on and it's now the biggest quilting show in Europe, featuring workshops, talks, demos, Textile Galleries from world-renowned artists, one of the world's largest quilt competitions, a huge range of quilt materials, 200+ brands to shop from, and so much more! The cost of the trip covers ONLY the coach fare. You will be responsible for purchasing your entry ticket which can be obtained via the website https://www.thefestivalofquilts.co.uk/ticket-prices/ Advance ticket prices listed: Adult: £19.95; Quilters' Guild: £17.50; Concession (60+, Disabled Visitors and Students): £17.95; Quilters' Guild Concession: £15.00; Children (0-18 years): FREE! Please note, 5-18 yrs will need to book a ticket Don't delay and book your seat now. The trip will be open to EVERYONE, so do bring a friend.

Thursday, 26<sup>th</sup> June 2025 Return the completed cut-off portion below to: Fed Sec, WI House, St Owen Street, Hereford, HR1 2QD, or email returns to: <u>fedsec@herefordshirewi.org.uk</u>



16<sup>th</sup> April

21<sup>st</sup> May

18<sup>th</sup> June

16<sup>th</sup> July

August

17<sup>th</sup> September

# **DAY TRIP BLACK COUNTRY LIVING MUSEUM** FRIDAY 16<sup>th</sup> MAY 2025

#### Coach Fare & Entry Fee:

## **£40.00** per WI member, £45 for non-members

Time & Pick-up Points:

**Return Time:** 

ROSS-ON-WYE 7.45am St Mary's Garden Village, Ross-on-Wye, HR9 7WP 8.30am Merton Meadow Car Park, 151 Widemarsh St, HR4 9HE HEREFORD LEOMINSTER 9.00am Broad Street (Fire Station) Car Park, Leominster, HR6 8DD BROMYARD 9.30am Conquest Theatre, Bromyard, HR7 4LL Leaving the BCLM at approximately 3.30pm

Details: Experience the Black Country of yesteryear as you explore over 250 years of history, from the Industrial Revolution to post-war prosperity, through living interpretation at Black Country Living Museum in Dudley in the West Midlands. Leave the 21st century behind for the day and experience sights, sounds, smells, and tastes of the Black Country as you explore rebuilt and recreated shops, houses and industrial workshops. There's plenty for everyone to get stuck into. Why not head deep underground in our drift mine or listen to toe-tapping vinyl? There's something for all ages and special memories to be made! The trip will be open to EVERYONE, so do bring a friend.

Please retain this part of the form for your information and return the completed cut-off portion below to: Fed Sec, WI House, St Owen Street, Hereford HR1 2QD, or email returns to: fedsec@herefordshirewi.org.u



**CUPPA & CATCH UP** 

10am

1 hour walk

On roads and countryside bring your pouch Email fedsec@herefordshirewi.org.uk with your mobile so that a Whatsapp group can be set up.



Federation of Women's Institutes

**APRIL 2025** 





Federation of Women's Institutes

**APRIL 2025** 



## HFWI QUIZ 2025—update

As always, I'd like to thank you all for your support for this year's Federation Quiz, which is much appreciated as always. Munsley WI Hall is now full. A few spaces remain available at both the Hereford and Eye venues, however they are filling up fast so if your WI wishes to field a team (or even two!) NOW is the time to act. I would like to thank the members of the following WIs for their support: Upton Bishop, Peterstow, Sparkling Wye, Bosbury, Cradley, Ledbury, The Suttons, Preston Wynne, Eye, Stoke Prior, Dilwyn, Marden, Staunton on Arrow, Allensmore, Wye Women, Longtown, Pontrilas and Llangrove WIs for fielding a team(s). If you think you have entered a team and your WI is not listed above, please get in contact with me as soon as possible.

With my best wishes, Joy

joyedwardswi@yahoo.com

# FOOD FORUM

RECIPE

# FLOWER CAKE

FROM THE TIME I FORGOT WE HAD AN ELDERLY RELATIVE COMING FOR TEA, WHO ALWAYS EXPECTED A CAKE.

SO JUST LIKE THE CALENDER GIRLS IT WAS A BOUGHT CAKE BUT THE ICING AND DECORATION TOOK IT TO THE LEVEL SUITABLE FOR A VERY 'PROPER' ELDERLY AUNT

# Tips

Add sugar eggs for Easter or cake candles for a birthday

# Ingredients

- 1 sponge cake base homemade/bought
- 100gms butter
- 200gms icing sugar
- 1 Tbsp runny honey
- Selection of small spring flowers eg.Primrose/Violet/Apple Blossom

# Preparation

- Make the icing. Using a food mixer, beat the butter until very soft and fluffy, gradually add the sieved icing sugar, beating between each addition.Stir in the honey.
- Cover the cake with the icing and smooth the top, does not have to be to smooth
- Prepare the flowers check for bugs and make sure they are clean and dry. If you are using a multi headed flowers, divide into individual flower heads
- Arrange the flowers around the edge of the cake to make a garland and a celebration cake appears



Federation of Women's Institutes

**APRIL 2025** 



# WI NEWS

## LEOMINSTER LASSES WI

At our March meeting we held our annual AGM and ended with a lively Bingo session, with masses of prizes donated by our members ! Jo presented the Secretary's report, accompanied by a slide show of photographs and we were all amazed at the variety of events and meetings that we'd participated in over the previous year, with the River Lugg Walk and providing classic British puddings and cakes for a special lunch for the local Keralan community being two particular highlights. We have a great programme lined up for the next 12 months, starting with an armchair yoga session at our April meeting.



#### EYE WI

We were given an insight into how to make the best of yourself when our guest speaker Elise Hughes (from Colour Me Beautiful) shared her knowledge of colours with us. She asked some probing questions: do you like to have your photo taken? Do you look how you expect to look? Is your wardrobe full, but you have nothing to wear?

Most of us could answer 'Yes' to these questions so we were given some very quick and easy tips on how to make changes—not just colours, but thinking about our body archetype (not shape) and adorning our clothes with interesting items to attract the eye—brooches, necklaces, earrings, belts. Its smoke and mirrors done in a very clear way. Thank you Elise.







#### **STOKE PRIOR & DISTRICT WI**

On Tuesday, 11th February members of Stoke Prior & District WI celebrated their 96th Birthday. Prior to the games etc. there was a 1 minutes silence in memory of Mary Springle, who had served as Secretary for many years together with being chair of the North Herefordshire Group. We were joined by ladies from Marden, Pencombe, Kimbolton and Leominster Lasses WI, together with another friend of a member. The alphabet quizzes were enjoyed by everyone and we even had a go at Ping Pong Dunk. Lovely refreshments were served and members went home happy and with tummies full.

#### UPTON BISHOP WI

In preparation for their Dental Health Awareness day on 7th June, Upton Bishop WI ladies have been busy making felt tooth fairy pillows for a child to place their tooth in the pocket and hope that the £1-sized pocket might yield a monetary surprise!





Federation of Women's Institutes

**APRIL 2025** 



# WI NEWS

# LEDBURY WI

In November Ledbury WI had the pleasure of organising their Group Meeting.

51 ladies attended, representing each of our Institutes : Bosbury, Colwall Wings, Cradley, Munsley, Parkway and Putley.

We were delighted to also be joined by County President Margaret Simcock, WI Advisor Joy Edwards and Group Convenor Di Cale.

Margaret is pictured here. We think of her so often and send our love.

#### LEOMINSTER LASSES WI

We were very fortunate to start the new year by welcoming back "The Storybodger", Simon Martin, to our January meeting. He had us all enthralled by his mesmerising voice and choice of tales. As he said himself, "no-one is too old to enjoy a good story".

At our February meeting we enjoyed the musical talents of "Sounds Familiar" with an opportunity to sing along to well-known songs with a romantic theme. We were also challenged with quiz questions connected to each of the songs. A thoroughly enjoyable evening.

We have our AGM in March and will also launch our programme for the coming year, full of interesting and varied sessions for our members to enjoy.

# SALTMARSHE & DISTRICT WI

Twenty three members spent a very worthwhile time on March 1th with Wendy in the chair, conducting our Annual Meeting. She reminded us of our achievements over the past year and hoped that the coming year would be as successful

We heard from Buffie how five of us went to Putley Hall on March 8th to celebrate International Women's Day by enjoying Soup and Puddings from around the world all for the sum of ten pounds - very good value and a jolly occasion



<image><text><text><text><text><text><text><text><text><text><text><text><text><text><text><text>

Gwen's programme for the year ahead was distributed and well received; especially as each speaker has come from a recommendation of at least one, if not more, of our own members and the first of these will be our own Jacqui's (Galloway) partner, Graham, with his presentation to us next month about The Murder of Lady Brenda Cross.

HFWI Events: Please apply for tickets through your Secretary/Treasurer/Booking Person. BACS or cheque payments shown on your bank statements will act as receipt of monies received by HFWI. Receipts will be issued for cash transactions. If the word 'non-members' is not printed on the application form, the event is for members only. If oversubscribed (too many applications for places received before the closing date), WI members have priority and a ballot may be held. Notification of cancellation or over-subscription will be sent to the Booking Person as soon as possible. If you can't attend, it is up to you to sell your ticket (as appropriate), no refunds are given unless the event cannot go ahead or is over-subscribed. Please note: All events except training are fundraisers for HFWI. Should you have to cancel any booking, please find replacements and sell on your tickets.



Federation of Women's Institutes

**APRIL 2025** 



**WI NEWS** 

#### WELLINGTON WI

Wellington's Christmas meeting resounded to the sound of "jingle bells" and other popular Xmas songs and carols played by the group of Wellington Handbell Ringers, led by Chris Peruzza from the Village Shop. Then Wellington WI women and visitors "had a go" using a simple gong each, while following a highlighted piece of music. It was even recognisable but the concentration needed to help us focus was evident on everyone's face! We followed that with a shared supper and Christmas drinks. It was great fun and likely to be repeated soon.

#### WI SUPPORT IN THE COMMUNITY

Members of Llangrove WI present Millie from The Hub with a cheque for £330.00.

Llangrove W.I. just outside of Ross on Wye, held its Christmas Sale on Saturday 30<sup>th</sup> November 2024 at the Christmas Fayre in the Garron Centre Llangarron. Members of the WI have been working during the year making craft items, Jams, chutneys, cakes and knitted items to sell to raise funds. In line with the WI drive to reduce waste, a lot of the craft items were made from re-used, re-cycled and re-purposed items – homemade practical items and Christmas items that were both unique and beautiful.

There was also a limited raffle with excellent prizes.

During the year, the Committee discussed with members the need to re-connect with the community and apply the Women's Institute mission to:

"....come together to learn, share skills and work together to become active citizens, influencing change to improve lives in their local, national and global communities."

With this in mind, Llangrove WI donated much of the profits from the sale to The Ross Community Hub which supports the homeless, and those in need whatever their situa-

tion. The Hub is a voluntary organisation and relies on donations from the public to fill a much needed hole in the lives of those finding themselves in difficult circumstances for a variety of reasons.

It is always daunting and difficult to feel that you can make a difference these days, but the WI could have a very important role in the community helping out with numerous charities, individually or collectively. However small, it all helps, and fulfils the basic premise on which the WI was founded.

© Herefordshire Federation of WIs Website: https://herefordshire.thewi.org.uk/

HFWI Office is located at WI House,

90 St Owen's Street, Hereford, HR1 2QD. Office hours: Tuesday-Friday 9.30am-2.30pm. Telephone number: 01432 272268. Email: fedsec@herefordshirewi.org.uk WI House Team: Chairman—Margaret Simcock (chair@herefordshirewi.org.uk); Joint Federation Secretaries—Roz Simcock & Caroline Miller (fedsec@herefordshirewi.org.uk); Book-keeper—Roz Simcock (accounts@herefordshirewi.org.uk)





thew INSPIRING WOMEN

**HEREFORD FEDERATION WI** held a lunch for International Women's Day at Putley Village Hall on 8th March attended by 45 members. A choice of 6 different international soups ranging from Chinese Sweetcorn, Leek & Potato, Sweet Potato & Butternut Squash, Spanish Mixed bean followed by a lovely selection of desserts - Chocolate Trifle, 2 different Pavlova's, Key Lime Pies, Fruit Crumble, Orange Chiffon plus a wide selection of Cheese & Biscuits. It was a very successful lunchtime enjoyed by all. Thank you to Jane Voogd and Louisa, Caroline, Maggie and Mandy from Munsley WI for setting up and running the event.



# Wightwick Manor and Gardens















Federation of Women's Institutes

**APRIL 2025** 









# HFWI COUNTY DATES FOR YOUR DIARY

# APRIL 2025

MON	TUE	WED	THU	FRI	SAT	SUN
	1	2	3 Lunch & Bowl, The Grove, HR6 OLE 12.30-3.30	4	5	6 HFWI Lakes Holiday
7 HFWI Lakes Holiday	8 HFWI Lakes Holiday	9 HFWI Lakes Holiday	10 HFWI Lakes Holiday	11 WI Walkies Preston Wynne Hall, HR1 3PE 10-11am	12 Cuppa & Catch- up, Newton Court, HR6 OPF 10.30am	13
14	15	16 Wild Woollie Women, Munsley Hall, HR8 2RA 1.30pm	17 CountryTastic Three Counties Showground Malvern all day	18 WI House closed (Good Friday)	19	20
21	22	23	24	25	26	27 Out & About Day Trip Wonderwool Royal Welsh Showground, Builth Wells
28	29 Moccas Games Night, Moccas Village Hall HR2 9LQ 7pm	30				





# HFWI COUNTY DATES FOR YOUR DIARY

# MAY 2025

MON	TUE	WED	THU	FRI	SAT	SUN
			1	2	3	4
5	6	7	8	9 Cuppa & Catchup, The Nest, HR8 2PZ 10.30am	10	11
12	13	14	15	16 Clean Rivers Tea HR8 2RA 2-4pm Out & About Day Trip Black Country Museum trip	17	18
19 Craft & Chat (online) 10-12 Tea cup cards Felicity	20	21 Wild Woollie Women, Munsley Hall, HR8 2RA 1.30pm	22	23	24	25
26 Craft & Chat (online) 10-12 Candle Painting Caroline	27	28	29	30	31	





# HEREFORDSHIRE IN SPRING

Spring comes with splendour to our Marcher lands, The spectrum changes almost overnight, Gone is the wine-dark plough, the East Wind's blight; An Old Man's Beard is dank, untidy strands Gives way to freshly-silvered willow wands. Lent lilies shine in drifts like shafts of light. From Brecon's range across to Malvern's height, Colours and shapes obey the earth's commands. Our apple trees as ballet dancers pose, And softly flowing now, unstained and clear, Wye yields its sterling burden to the rod. When once again the South Wind gently blows Let us in Hereford give thanks each year For Spring, with all its joy, this gift of God.

This poem was written by Margaret Spurgin,

a member of Putley W.I.

It was her entry for the Cogan Cup Competition in 1969. It is included in a book of poems selected from other entries and is included in a book entitled "Herefordshire Medley" which was published by Herefordshire Federation. The book holds a collection of poems written by members of HFWO for the County's Biennial Cogan Cup Competition in 1969. Selection made by Mr. Robert Armstong, the Vice-President of the Poetry Association of Great Britain at that time.

E. M. SPURGIN

